

# Tempting trends

Our three adaptogens; Zuma Turmeric Chai, Zuma Beetroot powder and Cosy Matcha are all approved not only by The Vegan Society but also The Organic Food Federation, meaning they are free from any pesticides and all ingredients are traceable from farm to fork - or in this case, cup.

Organic production is fully sustainable and environmentally sound. There is an increased awareness of the importance of sustainable methods of food production which reduce the detrimental impact on the environment. There has been a considerable growth in consumer demand for organic products which is reflected in the increase in organic products found in the marketplace. This demand can lead to increased profitability for all concerned. Organic produce is traceable from the farm to the fork because at every stage of its journey it is inspected and certified. This ensures the integrity of any product marketed as organic, including Cosy and Zuma.



Remember, if you are adding any of these drinks to your menu and calling them organic, ALL the ingredients must be organic; from the milk to any other ingredients added.

## RASPBERRY, POMEGRANATE & BEETROOT LEMONADE

- 4 pumps Sweetbird Raspberry & Pomegranate Lemonade syrup
- 1 mini scoop Zuma Organic Beetroot powder
- Sparkling water
- Ice

1. Add syrup and beetroot to cup
2. Mix until powder has dissolved
3. Top up with sparkling water to  $\frac{3}{4}$  full
4. Add ice and garnish to fill

## SPICED PEACH SMOOTHIE

- Ice
- Sweetbird Peach smoothie
- 1 mini scoop Zuma Organic Turmeric Chai

1. Fill cup with ice, level with the top of the cup
2. Pour water over ice to  $\frac{1}{3}$  full
3. Pour smoothie over water and ice to the top
4. Pour contents of cup into blender jug and add turmeric
5. Put the lid on tightly, blend until smooth

## MANGO AND TURMERIC SOOTHIE™

- 50 ml Sweetbird Mango smoothie
- 1 mini scoop Zuma Organic Turmeric Chai
- Hot water

1. Pour 50ml smoothie into cup
2. Add turmeric chai and stir until powder has dissolved
3. Top up with hot water then stir

## ANY ADAPTOGEN LATTE

1. Add adaptogen to cup with a splash of hot water
2. Mix into a paste
3. Top with steamed milk, stirring as you pour

Turmeric	2
Matcha	1
Beetroot	1

Our recommended number of mini scoops for a 12oz latte. You may wish to add more powder to suit your taste.

## adaptogen }

**noun;** any of various natural substances used in herbal medicine to normalize and regulate the systems of the body.



Each of our adaptogens come in a 100g pouch and only need 3g to make a 12oz drink. This means they are not only organic, vegan and totally ready for Instagram, they are also hugely profitable for businesses. Yielding 33 12oz

drinks per 100g these powders have so many uses, add them to makes, bakes, hot and cold drinks. If you need further inspiration visit the Cosy or Zuma websites for more information and recipes.

